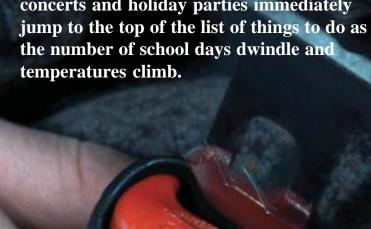


For most Americans, Memorial Day weekend signifies the unofficial start of summer and the beginning of outdoor fun and vacation trips. Cookouts, boating, concerts and holiday parties immediately jump to the top of the list of things to do as the number of school days dwindle and temperatures climb.







by Dale Eckroth

Vehicle accidents account for many personal injuries and deaths during the 101 Critical Days of Summer.

From Page 1

Also experiencing a rise, however, is the number of injuries and deaths from recreational activities and vehicle accidents.

Memorial Day weekend historically signals the start of the 101 Critical Days of Summer campaign, which runs through Labor Day. During the campaign, Air Force officials stress a single theme — safety. Practicing safety on and off the job is not only vital to Airmen assigned around the world, but equally important to those who are waiting to join.

Some of the primary causes of

fatal incidents by Air Force members include drinking and driving, failure to wear seat belts, excessive speed for conditions and violation of traffic laws.

What may be a fun-filled, carefree summer or send-off celebration just before Basic Military Training can quickly turn tragic when a lapse in attention or ignoring a few precautions lead to an injury or death.

So whether it's buckling a seat belt or wearing a safety vest, taking a few moments to consider safety can make the summer a lot more fun for all.

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Vehicle Safety

Before you hit the road ...

It's inevitable. After weeks or even months of thumbing through various pamphlets, mapping out travel plans and booking reservations, it's time for the summer family vacation.

Although you may have outgrown the Disneyland Mickey
Mouse ears and are not necessarily ready for the roulette tables in Las
Vegas, many parents work hard to

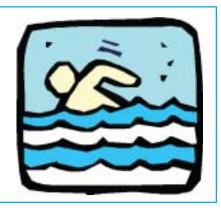
find points of interest to keep the entire family entertained.

In the days leading up to the vacation, confirming hotel reservations and finalizing travel plans are often at the top of the list for preparation. Sometimes overlooked are some of the smaller details of how you're going to get there. The following tips may help you arrive safely at your final destination.

- Have your brakes checked by a mechanic.
- Check your tires for tread depth. Smooth tires can result in a blowout at high speeds or loss of control of your car on wet pavement.
 - Be sure your tires are adequately inflated.
 Tires low on air will have less grip on the road and can have excessive sidewall flexing that increases tire wear and can possibly lead to a blowout.
 - Be sure windshield wiper blades are in good condition and that you have plenty of windshield washer solution.
 - Don't block your vision with decals or stickers on the rear window or bags and boxes on the rear seat.
 - Check headlights, brake lights, taillights and directional signals.

Swim tips for keeping you safe

- Swim in designated areas only.
- Swim with a buddy.
- Know your swimming ability.
- Check water before diving in.
- Don't drink and swim.
- Protect your skin from the sun.





Air Force takes treme approach to Snocross fans

By 1st Lt. Amy Render Air Force Recruiting Service

A flash of light and smoke caught everyone's attention.

Sparks were flying and quickly turned to spouting flames amidst the cheers. Sleds sped past as melting snow was scooped onto the dying fire and the dejected driver slowly walked back to the finish line.

The same excitement by fans drawn to snowmobile racing is shared by Air Force recruiting, which sponsors snowmobile racing.

Over the last few years, Air Force advertising efforts have grown to sponsor events from NASCAR and Motorcross to the World Snowmobile Association.

Snowmobile racing is a growing

sport, said Master Sgt. Marv Daugherty, superintendent of special events at Headquarters Air Force Recruiting Service.

The Air Force teamed up with WSA five years ago when this new professional sport had only 300 fans. Now with 110,000-plus fans, many are benefitting from efforts to inform this growing audience about Air Force opportunities, said Sergeant Daugherty.

"I think we are setting a fast pace toward the championship, and we have the resources from a talent and sponsorship standpoint," said Steve Scheuring, sled owner for the Air Force-sponsored Scheuring Speed Sports team. "I think this is our year to bring in the trophy."



Airmen have opportunity to earn ribbons at BMT

As an Airman, you're eligible for consideration for various decorations throughout your career — beginning with the successful completion of Basic Military Training.

Nothing makes a uniform look

more complete than a set of ribbons. But ribbons are not issued along with clothing and boots. Airmen have to earn them.

While attending BMT, Airmen have the opportunity to earn three ribbons upon graduation.



Air Force Training Ribbon

The Air Force Training Ribbon is awarded to Air Force servicemembers upon successful completion of initial accession training.



Basic Military Training Honor Graduate Ribbon

The BMT Honor Graduate Ribbon is awarded to honor graduates of BMT who have demonstrated excellence in all phases of academic and military training. It's limited to the top 10 percent of the training flight. The ribbon is awarded to basic training graduates only.



Small Arms Expert Marksmanship Ribbon

The Small Arms Expert Marksmanship Ribbon is awarded to all Airmen who qualify as "expert" in small arms marksmanship with either the M-16 rifle or issue handgun. Airmen have a chance to earn this ribbon during weapons qualification at Warrior Week.

U.S. Air Force's

Future Force

Amanda Marie Garcia

Hometown: San Antonio, Texas **Date of Birth:** Dec. 23, 1985 **Recruiter:** Master Sgt. George

Mayo

High school and mascot: John Jay High School Mustangs

Hobbies: I love to be involved in sports and any environment with

people.

Favorite CD: Any type of slow

jam and R&B

Favorite magazine: Fashion

magazines

Favorite TV program: "One

Tree Hill"

Favorite Web site: Anything

offering online shopping

Hottest car: 2004 Celica is my

all-time favorite

Vacation choice? I love the beach. I would love to go to all of the exotic islands that are less known.

Favorite sports team: San Antonio Spurs

What movie have you seen more than five times? "She's All That"

Personal motto: Live today like there's no tomorrow.

Personal motto: Live today like there's no tomorrow.

How does your family feel about you entering the Air Force? They are 100 percent supportive of every decision I make.

Why the Air Force? It has always been a part of my family, and I believe I would be able to fulfill my dreams.

Where do you see yourself in 10 years? I see myself with a career in the Air Force and a family of my own.

If you could hang out with one person, who would it be? Any type of R&B singer, so they could sing to me all day; I love to sing as well.



Space A An alternate way to fly



So you joined the Air Force to see the world, and you find out your first assignment is here in the United States. Don't let your assignment location or a lack of funds discourage you from seeing the world during off-duty time.

As a member of the Air Force, you are eligible to fly space available, or "Space A," for free on Air Force aircraft.

Of course there are a few rules you need to follow, but Space A flights can be a great substitute for commercial travel.

The first thing you need to remember about Space A travel is you have to be flexible. The Air Force's primary airlift mission is to transport official duty passengers and cargo, and then Space A passengers are accommodated next. You may get bumped from a flight and have to wait for another one, so be prepared.

While flying Space A on Department of Defense-owned or controlled aircraft, you are not required

to wear your uniform, but you must use common sense when selecting your attire. Your clothes should not conflict with accepted attire in the countries of departure, transit or destination. You will also need to dress warmly, especially on military aircraft.

Another thing to remember is travel at off-peak periods when possible. Peak periods are the summer months and the Christmas holiday season. Historically, February-March and October-November are low-travel periods.

Also, be as flexible as possible in choosing a destination. If you want to get to Ramstein Air Base, Germany, and can't fly directly there, try flying to Royal Air Force Mildenhall, United Kingdom, and continuing on from there.

The key to a successful trip is to remember that Space A is just that — space that is available after all mission requirements are fulfilled. Be prepared and have a great time!